

# Agenda

- 10 mins
- 5 mins
- 15 mins
- 20 mins
- 15 mins
- 5mins

Introvert Gallery

Introvert friendly icebreaker

The science, research & strengths

Two solo or team activities

Engaging Introverts

Q&A





# Quiet Power: Supporting Introverts Towards Self Authorship

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# Norms

**Judgment Free Zone**

**We Learn from Each Other**

**Assertiveness**

**Put questions in the bowl**

# ICEBREAKER

- Share with your table **2 truths** and **one lie** about yourself.
- People at your table should guess which of the statements is the lie.



# Extrovert vs Introvert

Which one are you?



## **Introverts**

Focus **energy** inward,  
On ideas and thoughts  
Recharges by being alone

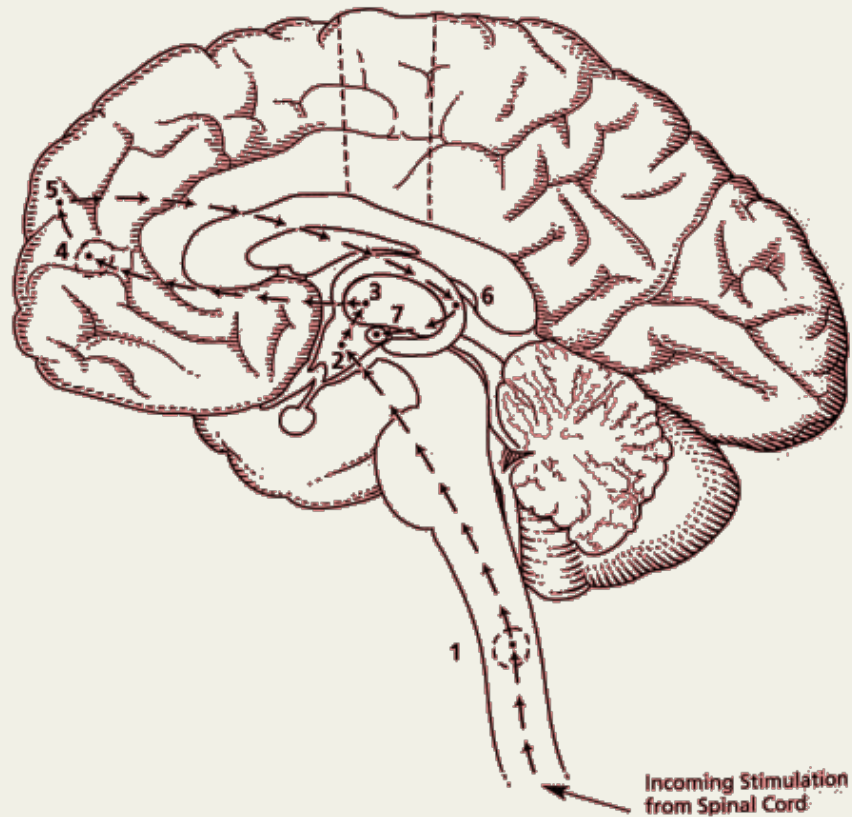
## **Extroverts**

Focus **energy** outward,  
On people and environment around them  
Recharges by being around people

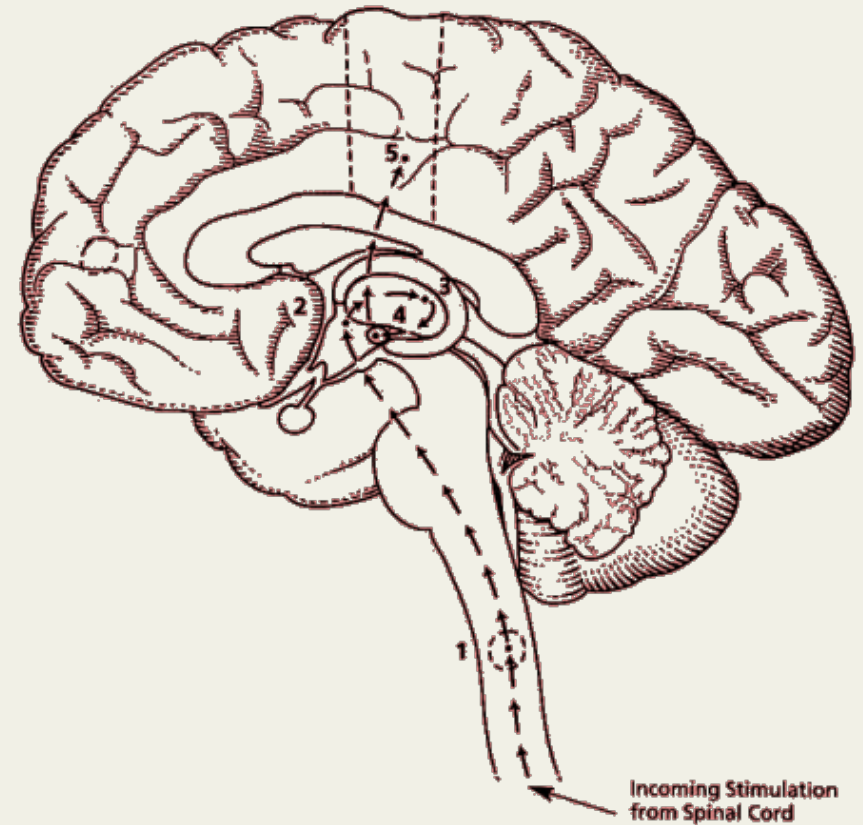


- Subjects who rated themselves academically successful were more extroverted. (Suroosh, Irfani. 1978)
- Introverts cope in ways that are amenable to better academic performance. (Gallagher. 1996)
- Extroverted individuals will tend to have a lower fear of negative evaluation score than those who are introverted. (Keighin, Butcher, Darnell. 2009)
- A statistically significant majority of MBTI Introvert type university students prefer online classes. (Harrington and Loffredo.2010)

Longer Introvert Acetylcholine Pathway



Shorter Extrovert Dopamine Pathway



The brain of introverts and extroverts are ruled by different neurotransmitters.

# Characteristics of Introverts

## Challenges

- Prefer quiet for concentration
- Dislike telephone calls and interruptions
- Work contentedly alone
- Difficulty thinking on their feet
- Not aggressive in seizing opportunities
- Come off as unapproachable

## Strengths

- Attention to detail and creativity
- Good listeners
- Don't need the spotlight; happy to share credit
- Become experts in their area of interest
- Quiet, reserved
- Self motivated
- Excellent writers

**Adapted from Workplace Learning and Development, UMASS Amherst**



**For the next 10 minutes let's identify challenges introverts may face on your campus.**

**This activity is individual.**

**I'll collect your notes and read to the group unless someone else wants to volunteer.**

**For the next 10 minutes let's identify solutions to the challenges posed.**

**For this activity use Think/Write/Share.**

**I will collect your notes and post on the wall, and read to the group.**

# Supporting Introverts

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# Thank you!

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